

## Contest Subject Content

### First through Eighth Grade

How would you demonstrate or promote the following in your school or community following Dr. King's principle of non-violence:

- Courage
- Truth
- Justice
- Compassion
- Dignity
- Humility
- Service

You may submit one of the following:

- Written (essay, poem, song)
- Artwork
- Photography
- Video

Video can be individual or group  
All must be original content, if not your submission will be automatically disqualified.

### Contest Prizes

First through Second Grade:  
1st place  
2nd place

Third through Fourth Grade:  
1st place  
2nd place

Fifth through Sixth Grade:  
1st place  
2nd place

Seventh through Eighth Grade:  
1st place  
2nd place

**Winners will be awarded on  
Monday, January 18, 2021 at the  
State of Iowa Dr. Martin Luther  
King, Jr. Celebration in Des Moines.**

The first prize winner from each grade division may have his or her piece submitted to the Des Moines Register for possible publication.

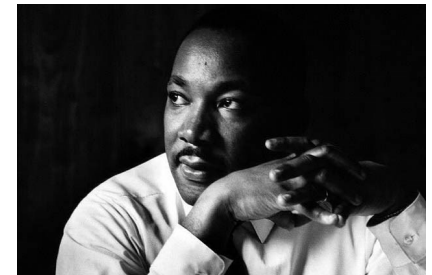
**MLK Call 2 Serve Contest  
Iowa Department of Human Rights  
Lucas State Office Building  
321 E 12th St.  
Des Moines, IA 50319**

**Phone: 515-281-3274  
Fax: 515-242-6119  
Email: dhr.icsaa@iowa.gov**

Iowa Department  
of Human Rights  
Office on the Status  
of African-Americans

## Dr. Martin Luther King, Jr. Call 2 Serve Contest

**Due Date:  
December 18, 2020**



# Call to Volunteer Service

Dr. Martin Luther King, Jr., one of the great civil rights leaders, recognized the power and ability of community to achieve common goals when united in the belief of justice. Today, his legacy is honored in a federal holiday commemorating his achievements, but also encouraging a national day of service reflecting his teachings in nonviolence and social justice. Instead of a day off, people of all ages are encouraged to make it a day ON, where people can come together to improve lives, bridge social barriers and help cultivate the image of community Dr. King envisioned.

Dr. King stated, "Human progress is neither automatic nor inevitable...Every step toward the goal of justice requires sacrifice, suffering and struggle; the tireless exertions and passionate concern of dedicated individuals." Civic engagement refers not only to individual volunteerism, but includes efforts to directly address a public issue while working with others in the community. This MLK Day, you are called to make a difference in your community and the world.

To learn about opportunities in your community or to register your own project, please visit [www.volunteeriowa.org](http://www.volunteeriowa.org) or [www.mlkday.gov](http://www.mlkday.gov).

## Contest Rules

All entries must be submitted on or before Friday, **December 18, 2020**.

Any entry received after this date will not be accepted into the contest. Only one entry per individual or group.

- All art, photography, or videos must include a one paragraph explanation of how the entry relates to the subject content
- Videos must be recorded on CD, DVD, or YouTube and submitted electronically (1-3 minutes in length)

## Submission Guidelines

- All entries may be hand-written or typed. Typed entries must be double spaced and use at least an 11 point font.
- Official cover sheet must be attached to the entry.
- Contestants must have their parents' or guardians' permission and signature on the cover sheet, waiver/release form, and copyright transfer agreement, in the event that the piece is published in newspapers or on the internet.

Entries with attached cover letters may be submitted by postal mail and sent to the following address, email, or fax.

Iowa Department of Human Rights  
Office on the Status of African Americans  
Attn: MLK Call 2 Serve Contest  
Lucas State Office Building  
321 E. 12th St.  
Des Moines, IA 50319  
EMAIL: [Dhr.icsaa@iowa.gov](mailto:Dhr.icsaa@iowa.gov)  
FAX: 515-242-6119

## Contest Sponsors

- Iowa Department of Human Rights (Office on the Status of African-Americans)
- State of Iowa MLK Day Planning Committee

**We invite you to get involved  
and make a difference in  
your community!**

